

**WHAT IS CLAIMED IS:**

1. A patch for reducing exposure to ultraviolet (UV) radiation, comprising:
  - a first layer that is adhesive; and
  - 5 a second layer comprising a material adjacent to the first layer,  
wherein at least one of the first and second layers is opaque to UV radiation.
2. The patch of claim 1, wherein the second layer is opaque to the UV radiation.
- 10 3. The patch of claim 1, wherein the UV radiation is selected from the group consisting of UVA (320-400 nm), UVB (280-320 nm) and UVC (200-280 nm) radiation.
4. The patch of claim 1, wherein the patch comprises a UV protection factor (UPF) greater than or equal to 40.
- 15 5. The patch of claim 1, wherein the patch comprises a UV protection factor (UPF) in the range of about 15 to about 40.
6. The patch of claim 1, wherein at least one of the first and second layers  
20 comprises a modification that results in the layer being opaque to UV radiation, and  
wherein the modification comprises one of a chemical and a physical modification.
7. The patch of claim 6, wherein the chemical modification comprises an  
addition of UV radiation blocking agents.
- 25 8. The patch of claim 7, wherein the UV radiation blocking agents are added to  
the second layer.
9. The patch of claim 7, wherein the UV radiation blocking agents are  
30 incorporated into a layer.

10. The patch of claim 9, wherein the incorporation of UV radiation blocking agents is within interstitial spaces within a layer.

5 11. The patch of claim 7, wherein the UV radiation blocking agents are adhered to a surface of a layer.

12. The patch of claim 7, wherein the UV radiation blocking agents are selected from the group consisting of inorganic, organic and metallic agents.

10 13. The patch of claim 12, wherein the metallic agent comprises a zinc salt.

14. The patch of claim 13, wherein the zinc salt comprises one of zinc sulphide and zinc oxide.

15 15. The patch of claim 7, wherein the physical modification comprises calendering.

16. The patch of claim 1, wherein the adhesive is provided at a peripheral edge of the patch.

20 17. The patch of claim 16, wherein the adhesive is provided with a releasable protective layer.

25 18. The patch of claim 1, wherein the second layer substantially overlays the first layer.

19. The patch of claim 1, wherein the material comprises a substantially single thickness fabric.

30 20. The patch of claim 19, wherein the material comprises a section of one of tape and film.

21. The patch of claim 1, wherein the material comprises a gel.
22. The patch of claim 1, wherein the patch is substantially circular.
- 5 23. The patch of claim 1, wherein the patch is substantially waterproof.
24. The patch of claim 1, wherein the patch is substantially transparent to visible light.
- 10 25. A method of manufacturing a patch, wherein the patch comprises a first layer that is adhesive and a second layer adjacent to the first layer, wherein at least one of the first and second layers is opaque to ultraviolet (UV) radiation, the method comprising the steps of:
  - i.) providing the first layer and the second layer,  
wherein at least one of the first and second layers is opaque to UV radiation;
  - 15 and
  - ii.) bringing the first layer into contact with the second layer.
26. The method of claim 25, wherein the second layer comprises a gel.
- 20 27. The method of claim 25, wherein the opaqueness results from a modification of at least one of the first and second layers, and  
wherein the modification comprises one of a chemical and a physical modification.
- 25 28. The method of claim 27, wherein the chemical modification comprises an addition of UV radiation blocking agents to one of the first and second layers.
29. The method of claim 27, wherein the physical modification comprises calendering.

30. A method of reducing skin exposure to ultraviolet (UV) radiation, comprising the steps of:

i.) providing a patch,

wherein the patch includes a first layer that is adhesive and a second layer

5 adjacent to the first layer, and

wherein at least one of the first and second layers is opaque to UV radiation;

and

ii.) applying the patch to the skin with the adhesive layer contacting the skin.

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